

Signs Your Liver Needs Support!

Your liver tries to keep your internal environment toxin-free in two phases.

Phase 1: Oxidation. In this phase, your liver uses oxygen and a family of enzymes to remove toxins by making them water soluble so you can excrete them. Each of about 100 enzymes in the P450 family works on a specific type of chemical, though sometimes their end-product is also fairly toxic, which is where Phase 2 kicks in.

Phase 2: Conjugation. In this phase, the liver combines these oxidized metabolites with sulfur and the methylation and glucuronidation processes in order to prepare them for excretion in the bile.

We all have so many environmental toxins that often phase 1 gets backed up and phase 2 can't keep up, so it slows down. That's where toxicity symptoms begin to show such as:

1. Cravings and blood sugar issues
2. White or yellow-coated tongue
3. Frequent headaches
4. Fluid retention
5. Stubborn abdominal fat loss
6. Blood sugar issues
7. Gall bladder problems (More problematic if it is absent)
8. Easily overheat/suffer excessive sweating
9. Acne, rosacea or other skin problems as the skin tries to take over some detoxification duties
10. Fatigue
11. Moodiness
12. Anger
13. Nausea without cause
14. Chemical sensitivities
15. Autoimmunity
16. Insomnia
17. Alcohol sensitivity/"Cheap drunk" (You may also methylate poorly)

It is important to go into a heavy metal detoxification program with your kidneys, liver, and bile ducts working as optimally as possible and to support them during the process.